

Newsletter



**Orthopaedic
Specialists
of Dallas**

Rockwall

Wylie

Terrell

Forney

TEL: 972-771-8111

FAX: 972-771-8103

www.dallasortho.net

Dr Kushal Patel discusses shoulder dislocations in this months newsletter.

What is a shoulder dislocation?

The shoulder is a ball and socket joint. I commonly correlate this joint to a golf ball and tee. A shoulder dislocation is when the ball comes out of the socket. The ball can come out in any direction with anterior, or front, dislocations being the most common.

What structures can get injured in a shoulder dislocation?

The glenoid labrum, a tissue around the socket, nearly always gets torn. Other structures include cartilage and tendon injuries are very possible. As a result, a shoulder dislocation should always require an orthopedic evaluation. A MRI usually is ordered to see the extent of the injury.

I have had a shoulder dislocation. What does this mean in the future for me?

Having a shoulder dislocation, there are several possible scenarios. First, depending on the extent of the injury, surgery to reestablish the stability of the joint is sometimes necessary. An MRI can help determine this decision. Secondary, a course of physical therapy is another option. There are several risk factors for possible recurrent dislocation. This includes age, younger patients are more prone to dislocation, male sex, and athletic involvement, including sports like lacrosse or football. If your shoulder continues to dislocate, the risk of arthritis increases with every dislocation.

How long does surgery recovery take?

Typical surgical recovery for shoulder dislocations takes about 5 to 6 months. Most patients are increasing their strength and stamina during the rehab process and can start involvement in minor athletic activities at 3 months.

At Orthopaedic Specialists of Dallas, your satisfaction is our top priority. You can expect only the best quality in orthopaedic services. Please feel free to contact our office with any further questions that you might have.

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